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From: Michelle Small, Chief Administrative Officer

To: Candidates for Appointment to the 87th RTT

Date: January 4th, 2022

Re: **Physical Fitness Reporting Instructions**

The "Physical Fitness Reporting Schedule" has been posted to the 87th RTT website. Reporting dates and times are listed by candidate number.

Unless otherwise rescheduled, fitness assessments will be conducted at the:

Massachusetts State Police Academy
340 West Brookfield Road
New Braintree, MA 01531

In the event of snow or ice conditions, fitness assessments may, at the discretion of the Massachusetts State Police, be postponed or rescheduled. If the fitness assessment for any particular day or session is to be postponed or rescheduled, candidates will be notified via a bulletin that will be posted on the 87th RTT website. Unless otherwise notified, all candidates shall report to the State Police Academy for their fitness assessment. Candidates must monitor the "Fitness Assessment" link for notifications about their fitness assessment session. As a rule, only icy or slippery conditions will result in a decision to cancel or reschedule fitness assessments.

Fitness Assessment Reporting Times – Fitness Assessments will be conducted during the months of January and February. The reporting time is 0745 hours.

COVID 19 Restrictions: - Candidates will wear a mask and remain in their vehicles until they are brought into gymnasium lobby by an Academy Staff Member. Candidates will be brought into the gymnasium in small groups and social distancing will be maintained throughout the entire process.

What To Bring: – Candidates must bring the following documentation to their fitness assessment:

- a photo ID (driver's license or military ID),
- the Candidate's Medical Certification Form signed by a physician, nurse practitioner or physician's assistant (the Medical Certification Form is posted at "Fitness Assessment" link),
- the Candidate's Physical Fitness Screening Release Form (the Physical Fitness Screening Release Form is posted at "Fitness Assessment" link),
- Your original 87th RTT Application. The 87th RTT Application is a very lengthy and detailed application. Be sure to leave yourself sufficient time to complete this application well before your scheduled reporting time. The application must be filled out accurately, completely, and truthfully; failure to do so can result in disqualification. Do not staple or bind your application. The 87th RTT Application is posted at the "Forms and Application" link.
- Veterans only - regardless of status, a copy of the Candidate's certification of disability as issued by Veterans Administration *if applicable*.
- Food and hydration as needed.

Failure to bring any one of these documents may result in your dismissal from the scheduled selection activities.

What to Wear: – Candidates will report in a "V" neck T-shirt, gym shorts, running shoes and socks. All candidates shall wear a sweatshirt and sweatpants over their t-shirt and gym shorts. As dictated by the weather and personal preference, candidates may in addition to the above requirements, wear appropriate cold weather gear, gloves and/or knit hat.

What You will be Required To Do:

- A. **1.5 – Mile Run** - The fitness assessment includes a 1.5-mile run. This run will take place outside on a paved surface. The qualifying times for the 1.5-mile run are posted to the "Fitness Assessment" link. Failure to satisfy the posted minimum qualifying time will be recorded as such. Anyone failing to meet or exceed the qualifying time will be rescheduled for one additional opportunity. Re-tests are typically scheduled one to four weeks after the initial failure. In the event a candidate fails a second time, he or she will be removed from further consideration.
- B. **Photo/Fingerprints/Tattoo Inspection** – In addition to the fitness assessment, candidates will be photographed, fingerprinted and inspected for tattoos that are visible when wearing the Department's Summer Class B uniform shirt.

Age Reminder: In order to be eligible to take the 2021 MSP Initial Appointment Examination, candidates had to be at least 21 years old and less than 35 years old on May 4, 2021. This age requirement is strictly enforced. In the event you are age ineligible you will not be processed as an eligible candidate and eliminated from all further consideration that may arise from the current list.

Failure to attend this or any other scheduled activity shall be considered a voluntary withdrawal from the selection process.